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MOTOR ACTIVITY OF CHILDREN OF PRIMARY SCHOOL AGE

Doniyorov Gayrat Youldashevich
Master student of the Pedagogical Institute of Termez State University

Annotation: The article reveals the concept of "motor activity", its classification. The results of the study of the motor activity of children 7-8 years old are shown. The necessity of development and implementation of innovative technologies in the physical education of younger schoolchildren is proved.

Keywords: physical activity, physical activity, primary school age, innovative technologies.

Introduction . Physical activity is an integral part of a healthy lifestyle. It interprets as the activity of an individual aimed at achieving physical perfection, and is characterized by specific qualitative and quantitative indicators [1, 2]. The concept of physical activity" to a greater extent reflects the socially motivated attitude of a person to physical culture. It is known that the goal of physical education is also manifested in achieving a certain level of physical activity. According to Ya. M. Abdullaev [3, 4, 5], physical activity of a person should be considered as the main sphere of the formation of a person's physical culture.

The concept of physical activity is defined as any movement of the body performed by skeletal muscles, which results in a significant increase in energy expenditure above the level of basal metabolism [6, 7, 8]. During the life of a person, physical activity has a different meaning. In childhood, it determines the normal growth and development of the body, the most complete realization of the genetic potential, increases the resistance to disease. It is during this period of growth that the body is most sensitive to the influence of adverse environmental factors, including the restriction of motor activity [9, 10].

Studies have established that individuals with high potential for muscle activity have good resistance to a very wide range of adverse effects - from hypoxia and blood loss to shifts in the acid-base state of the internal environment. At the same time, a decrease in physical activity (hypokinesia) leads to a violation of the coordination in the work of the muscular apparatus and internal organs [11, 12, 13]. Already after 7-8 days of immobile lying, functional disorders are observed in people; apathy, forgetfulness, inability to concentrate on serious activities appear, sleep is disturbed; muscle strength drops sharply. Coordination is disturbed not only in complex, but also in simple movements; the contraction of skeletal muscles worsens, the physicochemical properties of proteins change, and the calcium content in the bone tissue decreases [14, 15, 16].

The incidence of schoolchildren in conditions of hypokinesia is 2 times higher than in their peers with a normal level of physical activity. This is due to a decrease in overall nonspecific resistance. In addition, hypokinesia in childhood and adolescence is a risk factor for the development of serious health disorders in the future. There are points of view of the relationship between the state of health of an adult and physical activity in childhood [17, 18, 19].

In the works of many authors [21, 22], it was proved that during physical exercises in the body of a schoolchild, there are effects that are called motor-visceral reflexes, that is, impulses from working muscles that are addressed to internal organs. These effects are so pronounced that physical exercises

can be considered as a lever acting through the muscles on the level of metabolism and the activity of more important functional systems of the body [23, 24].

Physical exercises help to improve the activity of the cardiovascular and respiratory systems: increase blood flow to the heart, improve the rhythm of its contractions and develop the ability to adapt to a sharp change in load, a more economical reaction, revealed by the connection between changes in pulse and blood pressure, a significant acceleration of the recovery process, decrease in heart rate; development of chest mobility, deepening of breathing, stability of its rhythm, increase in lung capacity, improvement of nasal breathing, proper functioning of internal organs.

Primary school age (7-10 years) is the most crucial period in the formation of the coordination of the child's movements. At this age, the foundations of the culture of movements are laid, new, previously unknown exercises and actions, physical education are successfully assimilated.

e unknown exercises and actions, physical education knowledge. The transition from kindergarten to school is accompanied by a significant decrease in the motor activity of children (approximately by 50%), that is, a significant decrease in the children's lifestyle. Training sessions are mainly associated with the need for long-term restriction of movements and static stresses, as a result of which the volume of motor activity decreases.

Today, there is a certain disproportion between the two main principles that ensure the harmonious development of the younger generation, care for the spiritual growth of the child and his physical development. At a time when schoolchildren devote 10-12 hours a day to mental development, 2-3 hours a week are allocated to physical education.

Currently, research aimed at studying the organization of physical education in elementary grades is becoming more active. Changing the routine of life associated with the beginning of schooling, as well as the still unfinished process of the formation of the motor apparatus, needs caution when dosing physical activity in younger students.

The problem of using different forms and means of physical culture will become especially important in modern conditions of scientific and technological progress, the steady growth of the requirements of the modern system of general education and vocational training, a large amount of academic information, and a progressive decrease in the physical activity of students. A number of authors emphasize the growth in the daily routine of schoolchildren of static activities and the decrease in dynamic ones.

Sukharev A. G. singled out the following classification of motor activity:

1. low level (14% of the motor component in the time mode of schoolchildren);
2. medium (15-19% of the daily budget, which is 100-150 hours per year);
3. High (20-24% of the daily budget). The duration of compulsory forms of physical exercise is regulated by the training process and is 6-15 hours per week (1-2 hours per day or 200-800 hours per year);
4. Maximum (25% or more), which is 1000 hours of study per year or more than 20 hours per week. Such a level of motor activity can be created only due to a large amount of purposeful motor activity, that is, the educational and training process.

It has been established that one of the main areas of work of general educational institutions is activities aimed at preserving the physical health of children. At the same time, physical culture and sports are called upon to take care of their physical health, to form the appropriate physical qualities, and the preservation of physical, mental and social health is one of the most important tasks of society.

Modern priorities in the development of physical education of schoolchildren require the creation of qualitatively new approaches to the education of a new type of personality, capable of independently making non-standard decisions, making free choices, thinking creatively, responding flexibly to changing circumstances, and being able to effectively solve complex problems of their own life.

Conclusion. Thus, at present, the most relevant is the development of effective innovative technologies, in the context of a person-oriented, activity-oriented, educational and integrated approaches, which will not only contribute to the modernization of physical education, but also, having health improvement as a priority, will also carry out important educational and sociocultural functions.

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